

May is Older America's Month

"Safe Today, Healthy Tomorrow"

Washoe County Senior Services invites all agencies that support seniors to participate in the celebration of Older Americans Month 2014.

The Opening Ceremonies Information Fair will be May 1, 2014 at the Washoe County Senior Center

Please see Older Americans Month brochure for listed activities www.washoecounty.us/seniorsrv

Thanks to the OAM 2014 Partners joining Washoe County including City of Reno, City of Sparks,

Incline General Improvement District, Sun Valley General Improvement District

May Bucket List Genoa Hot Springs 142492)

For May's Bucket List we want all seniors to take a day off and relax. We will transport you to and from the Genoa Hot Spring where you will spend your afternoon enjoying the warm waters. The water of the hot springs are rich in minerals that rejuvenate the body. Come and soak up the sun and the healing minerals of the water! The minerals in the water have positive therapeutic effects.

Date: Tuesday, May 6, 2014

Fee: \$20

Pick-up Times and Locations

EMNCC: 8:30 a.m.

TPPAC: 8:45a.m.

NRRC: 9:00a.m.

Arrival 10:00 am & Departure 2:00 pm



Celebrating Older Americans Month

Dinner and a Show at Reno Little Theater (137895)

Fabulous Friday Theater Night Presents

The Heiress by William Wyle

Date: Friday, May 2, 2014

Time: 6:00 p.m. Dinner TPPAC Sponsored by Blind Onion Pizza & Pub

Fee: \$20.00, Scholarships apply!

Pick up Times and locations:

NRCC: 5:40 p.m.

EMNECC: 5:30 p.m.

Departing TPPAC at 6:45 p.m. for the theater

In Honor of Older Americans Month Enjoy Their Coupon for another time!



Join the Senior Connect

Television Production Team

We are having our second meeting of volunteers wanting to develop Senior programming for air on Charter, YouTube and City of Reno web sites. No experience is necessary! Just a willingness to learn and an eagerness to help out. send an email to Alan Roney at roneya@reno.gov or call 657- 4644 for more information.

Date/Time: 3:00 p.m. Tuesday, May 20th, 2014

Location: City Hall 1 East First Street, floor TBD, meet in the lobby at 2:45 p.m.

(EMNCC) Evelyn Mount Northeast Community Center – 1301 Valley Road – 334-2262

(NRRC) Neil Road Recreation Center – 3925 Neil Road – 689-8484

(TPPAC) Teglia's Paradise Park Activity Center – 2745 Elementary Drive – 356-3176

Around Town / Older Americans Month

Brunch and a Movie (133996)

Join our senior's club as we venture out for brunch at the Eldorado Casino buffet followed by a movie of your choice at Century Riverside 12 movie theater.

Register for this popular event in advance to reserve your transportation and pick-up from various sites.

Date: Thursday, May 1, 2014

Location: Eldorado Casino

Fee: \$20 scholarships apply

Pick Times and Locations

EMNCC 8:30 a.m.

NRRC 8:45 a.m.

TPPAC 9:00 a.m.

Orvis, Vintage Hills & Northwest Library (5 or more
9:10-9:20 a.m.)

Celebrating Older Americans Month

Paradise Park goes Bananas (143792)

We are going **BANANAS** at Paradise Park. Come enjoy a beautiful day at the park with music and banana splits. There will be music all afternoon while you soak up the sun and enjoy a frozen treat.

Date: Friday, May 16, 2014

Location: TPPAC

Time: 2:00—6:00 p.m.

Fee: Free



Community Dance/ Pot Luck (143192)

Celebrating Older Americans Month

Swing your partner round and round, bring your favorite western side dish, because **The Build Our Center's Youth Group** will be hosting a Rodeo themed community dance & pot luck for seniors and their loved ones at TPPAC. Everyone is welcome to attend! Spend the evening singing, eating, and dancing. **There will also be a best western dress contest Yippee!**

Date: Friday, May 9, 2014

Location: TPPAC

Time: 6:00 – 9:00 p.m.

Fee: Free

Older Americans Month

Picnic at Sand Harbor (144192)

On Tuesday May 20th, the City of Reno will provide transportation to the Incline Village Picnic. We will transport participants to the Sand Harbor State Park for an educational tour of the Visitor's Center and a delicious picnic.

Date: Tuesday, May 20, 2014

Time: 10:30 a.m.

Location: Sand Harbor

Pick Up Times:

EMNCC: 9:00 a.m.

TPPAC: 9:15 a.m.

NRRC: 9:30 a.m.



Celebrating Older Americans Month

The Citizen Corps Program

Presented by:

Tom Briggs, CERT Outreach Coordinator

The Citizen Corps Program is a FEMA-funded program supported by the Nevada Division of Emergency Management and the Washoe County Sheriff's Office. Our mission is to provide free training to the public on how to be better prepared to respond to emergencies and become self-sufficient for the first 72 hours following a large-scale disaster. The Citizen Corps Program offers a free training academy every three months, which includes 26 hours of classroom and hands-on training on disaster preparedness, fire safety and utility controls, disaster medical operations, light search and rescue, disaster psychology, and terrorism awareness. Upcoming academies for the remainder of this year will be conducted in July and October. For information please log on to www.wcsovolunteer.org or call 775-325-6928.

Date: Tuesday, May 13, 2014

Time: 1:30-3:00 p.m.

Location: TPPAC

Fee: Free

Around Town & Save the Date

June Bucket List (140495)

Zoo mania - Sierra Safari and Animal Ark

Come one, come all. See the wonderful menageries the two local zoos have to offer. We will start at 10:00 am with a trip to the Sierra Safari Zoo. At 12:00 noon we will sit for lunch: (please bring your own lunch). At 1:00 p.m. we will explore Animal Ark's, lions, tigers and bears OH MY!

June 19, 2014

Fee: \$20.00

Pick-Ups:

NRCC: 9:15 a.m.

EMNCC: 9:30 a.m.

TPPAC: 9:45 a.m.

Dinner & Show (137896)

Fabulous Friday Theater Night

Reno Little Theater Presents

"The Slab Boys"

Date: Friday, June 13, 2014

Time: 6:00 p.m. Dinner TPPAC

Fee: \$20.00, Scholarships apply

Pick up Times and locations:

NRCC: 5:40 pm

EMNECC: 5:30 p.m.

Depart TPPAC at 6:45 p.m. for the theater

Men's Day Celebrating Men's and Boy's Physical Health (144692)

Date: June 27, 2014

Time: 10: 00 a.m.- 1:00 p.m.

Location: TPPAC

Fee: \$.50 drop-in

Calling all men to come celebrate a day of your physical health. Participate in interactive games and activities designed just for you. Bring Your son, grandson brother or nephew to share in this event **(lunch will be provided)**. **International Men's Day is celebrated on November 19, each year.**

Possibly Coming in September Sacramento Trip

Date, Time & Cost to be announced in the August Senior Connect Newsletter!

Trail Challenge (144492)

Nevada is known for its rough and rugged terrain; starting this May, we will be putting people to the test. We will explore different parks and trails with different levels ranging from beginner to experienced. Do you have what it takes?

Please bring water, snacks & a light jacket.

Date: Tuesday, May 27, 2014

Time: 10:00 a.m. – 12:00 p.m.

Location: Flume Trail (Near Patagonia)

Fee: Free

Contact Alan Roney: 775-657-4644

Pick –up Times and Locations

EMNCC: 9:15 a.m.

TPPAC: 9:30 a.m.

NRRC: 9:45 a.m.

Reno Aces' Game (143142)

Come out and root for the home team. Wednesday May 28, we will attend the Reno Ace's Game. \$10 gets you your ticket and a food voucher worth \$7.00.

This deal is a home-run so do not be a poor sport and come support our local Aces for Older American's Month.

Date: Wednesday, May 28

Time: 11:30AM – 4:30PM

Fee: \$10 per person

Contact Alan Roney: 775-657-4644

Pick –up Times and Locations:

EMNCC: 11:30AM

TPPAC: 12:00PM

NRRC: 12:30PM

Life Long Learning

Memorial Day

Please remember America's courageous Veterans on Memorial Day— especially those who paid the ultimate price in service to our country— by flying your flag. If you can, your flag should be flown at half-staff until noon and then raised to full— staff from noon till dusk.



Renown Lecture (135800)

Learn How to Manage Chronic Pain

Dr. Michael Salas MD, Physiatrist & Pain Management Specialist at Renown Health. His lecture will cover both alternative therapies such as acupuncture, chiropractic and massage to more traditional physical and occupational therapies, as well as home exercise programs.

Date: Wednesday, May 21, 2014

Time: 10 -11 a.m.

Location: NRRC

Fee: Free

Please RSVP to 982-6483

Computer Classes at NRRC are offered the first full week of each month

Basic PC (137808)

May 5, 7, 9, 2014

Time: 9:30 – 11:30 a.m.

Fee: \$20.00

Open Lab (137846)

May 5, 7, 9, 2014

Time: 12:00 – 2:00 p.m.

Fee: \$20.00



Genealogy Basics (142942)

These workshops are designed to help the beginner Family History researcher to start their personal genealogy. There will be four Friday morning sessions on basic organization and research. The participants will receive many useful handouts and time for questions and answers. Preregistration is required.

Dates: May 9, 16, 23, 30

Time: 9:30 – 11:00 a.m.

Location: NRRC

Fee: \$15.00 for the month scholarships apply

Celebrating Older Americans Month With A

Special Date & Presentation for Health, Wellness & You (134196)

Dolores Ward, M.S., Program Director, Alzheimer's Association of Northern Nevada

Presents ***Healthy Body, Healthy Brain***

The health of the brain plays a critical role in almost everything you do: thinking, feeling, remembering, working and playing—even sleeping. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age and may reduce your risk of Alzheimer's disease or other dementia.

Come join us for a luncheon and this special presentation

Date: Tuesday, May 20, 2014

Time: 12:00-2:00 p.m.

Location: TPPAC

Fee: \$.50 drop-in



Music, Dance & Crafts

Senior Music Workshops (135195)

Come on down to Neil Road Recreation Center for a memorable afternoon filled with traditional Americana and good ol' down home, foot stompin', finger snappin' favorite songs. There's a band to accompany the chorus and Trail Boss, Colin Ross, will provide his musical direction. It's a fun, educational and inspirational time for all. No auditions required and you can sample one class for free.

Date/Time: Tuesdays, May 6, 13, 20, 27, 2:00 – 3:30 p.m.

Location: NRRC

Fee: \$5.00

Thanks to the Villas for sponsoring refreshments for this event.

Reno Senior Dance Club at NRCC (135492)

Join these friendly active seniors and dance, dance, dance! Even if you're not a dancer, come and make new friends and enjoy great music provided by DJ Felipe Leon. Early dance instruction is at 1:15 p.m.

Special thanks to Save Mart on Prater Way for sponsoring the birthday cakes.

Dates/Time: Sundays, May 11, 25, 2:00—5:00 p.m.

Location: NRRC

Fee: \$5.00 per person, pay at the door

Paradise Park's Dancing with the Stars (134096)

Come on over to Paradise Park and join active fun loving seniors and dance. You don't need to be a dancer but have a desire to learn and have fun doing it, enjoying good music and making new friends. Dance instruction will be under the guidance of City of Reno Volunteers Rodolfo & Carminia Banares Rudy & Meny.

Date/Time: Tuesday, May 13, 1:30– 2:30 p.m.

Location: TPPAC

Fee: \$.50 drop-in

Voices of Paradise Glee Club (38896)

Do you like to sing? Want to use your talent? Belong to a fun vocal group? Come join us the 2nd & 4th Tuesdays of each month. The Voices of Paradise Glee Club now includes Karaoke singing. The Voices of Paradise will perform at various City of Reno functions.

Dates/Time: Tuesdays, May 13, 27, 12:30 - 2:00 p.m.

Location: TPPAC

Fee: Free

Ballroom Dancing (138765, 131005)

Bring your partner and learn how to Ballroom dance and get a little exercise too!

Date & Time: Every Tuesday, 2:00 - 3:45 p.m.
Every Friday, 6:00 - 7:45 p.m.

Location: EMNCC

Fee: \$.50 drop-in

Ceramic Workshop (138701)

Ceramics Workshop is designed to accommodate novice to advanced students. Students are encouraged to bring outside projects to class. Mediums used include acrylic paints, glazes and translucent. Supplies will be available to those pre-registered a week in advance.

Dates: 1st, 2nd & 3rd Wednesday

Time: 9:30 a.m. -12:30 p.m.

Location: Basement Art Studio McKinley Arts & Culture Center

Fee: \$45, 3 Classes (3 hrs per class)

To register please call: 334-2417

Volunteer Crochet Group (138750)

This group meets the 3rd and 4th Thursday of each month working on community charity projects.

Dates: 3rd, 4th Thursdays

Time: 10:00 a.m. -12:00 p.m.

Location: EMNCC

Fee: Free

This-N-That Crafters Group (135446)

Are you a crafter and want to share your techniques and ideas, or just chat and get new ideas? If so then this senior crafters program is for you. This is an opportunity to talk with friends while working on your craft or to get ideas for your next project.

Day: Every Tuesday (except holidays)

Time: 1:00 – 3:00 p.m.

Location: NRRC

Fee: \$.50 drop-in

Crochet Circle (143247)

Join this stress free group to learn a variety of stitches and create Afghans, lap blankets and much, much more. Projects require time spent as "home work" for completion. All skill levels welcome.

Day: Every Monday (except holidays)

Time: 10:00 a.m. -12:00 p.m.

Location: EMNCC

Fee: \$5 per registration

Creative Crafts & Quilts (134295)

You can enjoy the art of quilting, your own craft projects, or participate in an instructional new craft project each month.

Day: Every Monday (except holidays)

Time: 12:00– 4:00 p.m.

Location: TPPAC

Fee: \$.50 drop-in for quilters and self projects

\$5.00 supply fee for the guided craft scholarships do apply.

Come on in and create some beautiful stones for your garden or yard in the month of May!

Social Activities

It's Here City of Reno's

Bean Bag Baseball League

We Need Your Teams, for participation in the Reno/Tahoe Summer Senior Games!

We are inviting seniors of the various assisted living facilities to form teams to participate as part of our Bean Bag Baseball League. The opening games will be in conjunction with Older Americans Month in May 2014 (this will be the 50th anniversary for Older Americans Month). The league's season and number of games will be based on number of teams that sign up for participation (Each team will play a minimum of 10 games and a play-off).

Fee: **\$100.00 per team registration (individuals must sign up through a sponsored team).**

If your facility is interested in being a part of this fun league contact:

Manuel Zepeda, NRRC 775-785-5819

Brenda J. Mahan, TPPAC 775-334-2320

Lyn Morales, EMNCC 775-675-4602

If you are not a part of a facility and would like to play on a City of Reno team you may also contact Manuel, Brenda or Lyn at the above listed numbers.

Hope to see you on the *FIELD*.



Senior Book Club (135504)

If you enjoy reading and like to have a fun discussion about your book then this book club is for you. The book selection for May is "Perfect" by Rachel Joyce. The book club meets on the fourth Thursday of each month. For more information contact Patti McClelland, 626-3267 or pattimcclelland@charter.net

Date: Thursday, May 22, 2014

Time: 10:00 a.m.

Location: NRRC

Fee: \$0.50



Happy, Happy Birthday Party (134093)

Pairing of Generations (Seniors & Kids)

Even if it is not your birthday come wish others a happy, happy birthday! Bring your grandchildren, nieces, nephews, sons & daughters and celebrate on the third Wednesday each month. Come join us for fun, fun, and more fun. **Special thanks to Atria Summit Ridge for sponsoring the monthly *Birthday Cake*.**

Date: Wednesday, May 21, 2014

Time: 2:00-3:30 p.m.

Location: TPPAC



Conversation Café (135498)

Day: Every Tuesday

Time: 10:00-11:30a.m.

Location: NRRC

Fee: \$0.50 drop-in

Thanks to Nathan Stoddard at Country Financial for sponsoring the refreshments.



Travelogue Presentation at Neil Road

Please join us for this informative and visually stunning presentation from world traveler Karin McCollum.

Her slide show, "A Sampling of Our Seven Continents" includes photos from Borneo, Papua New Guinea, Madagascar and scuba diving in Indonesia. You won't want to miss this.

Date: Monday, May 12, 2014

Time: 1:30—3:00 p.m.

Location: NNRC

Fee: .50 drop-In

New Additions/Meeting Your Staff

Meet Your Senior Services Staff

Alan Roney, is 48 years of age married with 4 kids (two are step kids) and two grand children.

He was born in LA (Lynwood) California, his mothers maiden name was Alanzo.

Alan spent four years in the Army (non-combat) and came to Reno in 1988. He served on the Reno Police Department from 1989-2002.

He has worked in Parks and Recreation since 2002 to present. Currently he is the supervisor of senior programs.

Alan enjoys playing billiards, riding his Harley motorcycle and working with leather.

Alan says he plans to retire in 2019.



Pickleball; is going multi-generational!

Come one, come all to this new pickleball program.

We are offering all comers to participate in this really fun sport. Bring your grandkids, friends and family to see **who** really got game..

Date: Wednesday starting May 7th, 2014

Time: 4:30-6:30 p.m.

Location: NRCC Gym

Fee: \$.50 drop-in May & June. \$1.00 seniors & \$2.00 all other ages beginning July 2014.



Teglia's Paradise Park Activity Center's Puzzle Corner



Possibly Coming In June 2014.

Come on in and pull up a chair, get a cup of coffee and help piece together a jig saw puzzle, or bring your own word search, or other puzzle books. Stretch your mind and enjoy some good conversation with others. More information to come.

Good Bye Mathew LeClaire

Matthew LeClaire is 24 years old and has been employed with the City of Reno for 4 years.

He was born in Las Vegas, Nevada to his parents Guy LeClaire and Mary Jo Delulio. He was brought up "Battle Born" along with his brother Jacob LeClaire.

Matthew spent his childhood in Las Vegas and moved to Reno in 2008 for college. He attended the University of Nevada where he received his Bachelors Degree in Criminal Justice and a minor in Substance Abuse Counseling. He is graduating in May with his Masters Degree in Criminal Justice and has been accepted into a Ph.D. program back in Las Vegas. He hopes to one day develop programs for juvenile corrections.

Even though Matt's time with Senior Services has been short, he believed it was a worthwhile experience. Every week he looked forward to trips with the wonderful seniors of Reno who were a pool of knowledge and a welcoming group that he will miss dearly.

Matt says "even though I am moving, I will always be grateful for my time, employed with the City of Reno and the individuals who made it such a memorable point in my life". Please join him this month for his last trips and wish him luck in what can only be a bright future!



Fitness

Stretch & Tone (138756)

Session includes: Warm-up & strength training; low intensity cardio endurance exercises and stretching cool down to improve flexibility and balance.

Days: Monday, Wednesday & Friday
Time: 9:00 - 10:00 a.m.
Location: Washoe County Senior Center
Fee: \$6.00 per month
Scholarships do apply.

Sit and Get Fit (133650, 138957)

This weight training program is designed to strengthen the muscles used for walking and getting in and out of chairs. Exercises are done while sitting and standing or while holding on to the back of a chair, if needed, for balance.

Days: Monday, Wednesday & Friday
Time: 8:30-9:30 a.m.

Location: TPPAC
Fee: \$.50 drop-in

Days: Tuesday & Thursday
Time: 10:00-11:00 a.m.
Location: EMNCC
Fee: \$.50 drop-in

Get Fit with Silver Sneakers (138796)

Silver Sneakers is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree you may already have the Silver Sneakers benefit. Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Silver Sneakers provides a membership with the City of Reno locations at Evelyn Mount Northeast Community Center, Neil Road Recreation Center and the Northwest Pool.

This great benefit includes: Water fitness classes, open swim and lap swim at EMNCC and Northwest Pool, Sit and Get Fit at EMNCC, Chair Yoga at EMNCC and NRRC, open gym, cardio and weight room fitness at EMNCC and NRRC. Silver Sneaker participants *must* register where appropriate and swipe their card each time they visit the site for their fitness class.

Bean Bag Baseball

City of Reno Teams Practice Times

Date: Fridays
Time: 10:00—11:30 a.m.

Location: TPPAC

Fee: Free

Date: Wednesdays

Time: 1:00— 3:00 p.m.

Location: NRRC

Fee: Free

Date: Mondays

Time: 10:00 –11:30 a.m.

Location: EMNCC

Fee: Free

Silver State Super Seniors (138796)

This is a combined recreation and senior exercise program. Class includes sitting and standing exercises, the use of Dynabands, Indian Club exercises, balance practice and precision marching.

Days: Tuesday, Thursday & Friday
Time: 8:30 - 9:45 a.m.

Location: EMNCC

Fee: \$.50 drop-in

Fitness with Friends at NRRC (140993)

We've established friends that like to work out together in the Neil Road Recreation Center fitness room. We invite you to join in the fun. Stop by today and ask a staff member to show you the fitness room. Remember it's never too late to start!

Days: Tuesday and Thursday

Time: 10 a.m. – 12 p.m.

Location: NRRC

Fee: \$.50 drop-in



Fitness



Senior Water Fitness

Water is a great environment for exercise. Buoyancy takes the impact off of leg joints allowing exercises to improve muscular strength, balance and fitness levels.

No swimming skills are required.

Note: This class has varying times and courses please call 334-2262 for inquiries & registration.

Location:	EMNCC Pool
Days/Times:	Mon/Wed/Fri, 12:00-1:00 p.m.
Cost:	\$30.00/ 4 week session
Days/Times:	Tue/Th, 12:00-1:00 p.m.
Cost:	\$20.00/ 4 week session
Days/Times:	Tue/Th, 10:00-11:00 a.m.
Cost:	\$20.00/ 4 week session
Days/Times:	Tue/Th 6:15-7:15 p.m.
Cost:	\$20.00/ 4 week session
Location:	Northwest Pool, 2925 Apollo Way
Days/Times:	Mon/Wed/Fri, 9:00-10:00 a.m.
Cost:	\$30.00/ 4 week session
Days/Times:	Tue/Th, 8:45-9:45 a.m.
Cost:	\$20.00/ 4 week session

Zumba Gold Fitness (134746)

Do you find the usual exercise routines blah and boring? Join us every Thursday for an exciting fit and healthy exercise routine.

Zumba is known for its zesty Latin music, and modifies the moves and pacing to suit the needs of the active older participants as well as those just starting their fitness journey.

Come join certified instructor Patricia Gallimore for Zumba Gold at Tegilia's Paradise Park.

Day: Every Thursday
Time: 10:00 -11:00 a.m.
Location: TPPAC
Fee: \$10:00 Monthly



(Scholarships do not apply)

Chair Yoga (133353, 133296 and 133146)

This course is designed to help participants with yoga poses and postures focusing on gentle movement from a chair or standing beside a chair. Building strength and flexibility are key components along with balance for better mobility. Poses will incorporate use of left and right brain and movement coordinated with slow breaths. Plan to dress comfortably with low heeled shoes. Need more information feel free to contact the instructor, Pam Pearson, at 303-2845 or psp89@hotmail.com.

Time 1:30 – 2:15 p.m.

Day: Wednesdays

Location: EMNECC

Time 9:00 – 9:45 a.m.

Day: Thursdays

Location: TPPAC

Time 10:30 – 11:15 a.m.,

Day: Thursday

Location: NRRC

Fee: \$8.00 per month, per location (*Silver Sneakers apply, Scholarships do not apply*)

Mat Yoga (133592,133396)

This modified gentle yoga class is an accessible approach to learning the fundamental yoga stretches presented in a flowing class that is easy to follow. Mats blankets and blocks are available on a first come, first served basis. Students should be able to get off the floor with ease. Need more information feel free to contact the instructor, Pam Pearson, at 303-2845 or psp89@hotmail.com.

Mondays, Wednesdays, and Fridays

Time: 10:00 – 11:00 a.m.

Location: NRRC

Time 12:00- 1:00 p.m.

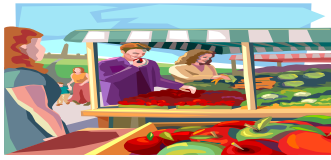
Location: EMNECC

Fee: \$30 per month per location



Resources

FARMERS MARKET COUPONS



COMING IN JUNE

Senior Outreach Services (SOS)

The Senior Outreach Services (SOS) program is all about volunteerism. If you have an interest in making a difference in the lives of the elders in Washoe County, SOS needs you. For more information please call Sina Ward, Ed.D, Director of Senior Outreach Services, Sanford Center for Aging, University of Nevada, Reno (775) 784-7506 or sinaw@unr.edu

SNAP

Supplemental Nutrition Assistance Program

Please call 1-888-304-7627 State Hotline for list of locations & times to apply or 1-800-992-7627 for questions and how to apply

You can also call or visit Neil Road Recreation Center 775-689-8484

or Teglia's Paradise Park Activity Center 775-356-3671

for monthly calendar and list of food pantries

Washoe County Senior Services

Are you struggling to make ends meet? Are you no longer able to do simple household chores or prepare meals? There may be programs available to assist you and we can also help you apply for any assistance. Please call 328-2575.

Information & Referral (I&R): An Important Component of Older Adult Programs:

Have you ever wondered how to find resources in the Reno area? Have you needed legal or financial help to resolve issues? How about resources for housing or senior living facilities? Have you wondered where to go to find a good handyman or someone to simply mow your lawn or shovel snow? These services all fall under I&R and the staff at the City of Reno is willing to help you work your way through these and other issues. For more information or to get assistance, feel free to call 356-3176 or email tppac@reno.gov

Activity Picture Board

We Need Your Pictures; if you have participated in a City of Reno activity and someone took your picture we would love to have a copy for our picture board at Teglia's Paradise Park. Please bring, or mail them to us at Teglia's Paradise Park 2745 Elementary Drive Reno NV 89512.

Newsletter by Mail and/or Email

The senior Connect Newsletter is available to be mailed to your home Or Go Green and let us email the link to you each month. If you would like to receive this publication by mail, please call 356-3176, 689-8484 or 334-2262 with address and/or email.

Interested in volunteering?

We are looking for you! Do you have some skills you would like to share? Would you like to give back to the community in a meaningful way? Please see the following postings for some of the positions we are looking to fill. Opportunities include assisting with the weekday meal program, monthly mailings, teaching special classes and setting up for special events. Want to volunteer with youth? Opportunities abound. For information, call 334-2320.

Resources

AARP Driving Program (135207)

Tune up your driving skills with AARP. Learn defensive driving techniques, how to adjust to age related changes, dealing with aggressive drivers and other skills that will help you meet the challenges you face on today's roads. Eligible participants receive auto insurance discounts.

Date: Saturday May 31, 2014

Time: 9:30am – 2:00 p.m.

Location: NRCC

Fee: \$15 for AARP members

\$20 for non-members



For more information or to register call 786-3509



Senior Lunch Program



Hot meals and salads are offered Monday through Friday as part of the Senior Lunch Program at Neil Road Recreation Center. Meals must be ordered a day in advance **Call 326-6601**. Even if you are not a senior, you can join us for lunch at the cost of \$4.00 per person. Additional eligibility requirements apply. For more information call 328-2575 or visit any location you can also contact us at: www.reno.gov/seniors

Senior meals are also served at the Washoe County Senior Center.

Bread Drop The Food Bank of Northern Nevada delivers bread, pastries and desserts every Tuesday. In order to increase the organization and food distribution equally we have implemented a process as follows:

- Numbers will be handed out
- This number allows you a limited selection of food items of your choice
- You will be asked to sign-in with your name
- All participants must wait until their number is called

Everyone 16 and older are encouraged to participate.

Days: Every Tuesday

Location: TPPAC

Time: 11:00 a.m.

Location: NRRC

Time: 12:00 p.m.



City of Reno & Washoe County

Senior Citizen Advisory Committee

Presents Senior Safety Afternoon at Teglia's Paradise Park

Join us for an afternoon filled with safety and crime prevention tips and emergency preparedness information.

Date: Tuesday May 13, 2014

Time: 3:00 - 5:30 p.m.

Location: TPPAC

Contact: 775– 356-3176

Schedule of Activities

1:00 PM - City of Reno Police Department Chief Steve Pitts will speak about crime prevention tips for seniors.

2:00 PM - Social Hour with refreshments and conversation.

3:00 PM - Reno Fire Department Chief Mike Hernandez will speak about fire safety, in-home safety and emergency preparedness.

4:00 PM Reno Senior Citizens Advisory Committee

2-1-1 Health & Human Service Facts

From basic needs to any health and human service program, one call to Nevada 2-1-1 offers access to:

- Basic human needs resources
- Physical and mental health resources
- Financial stability
- Programs for children, youth and families
- Support for older Americans and persons with disabilities

Free Blood Pressure Clinic at TPPAC

Blood pressure screening is held monthly at Teglia's Paradise Park. This clinic is free and is provided by Alliance Home Health. First Tuesdays. 10:30-11am at TPPAC.

Cards & Games

Neil Road Recreation Center - Please call 689-8484 for more details & availability			
Game Day	Thursdays	1:00-3:00pm	NRRC
Cribbage	Mondays	1:00-3:30pm	NRRC
Pinochle	Wednesdays & Fridays	1:00-4:00pm	NRRC
Basic Bridge	Tuesdays	1:00-3:30pm	NRRC
Badminton (all Ages)	Monday/Wednesday Friday	7:00-10:00pm 6:00-10:00pm	NRRC
Pickleball	Mon/Thurs/Fri Tue Wed	1:30-3:30pm 9:00am - 11:30am 12:00pm -2:00pm	NRRC NRRC NRRC
Table Tennis	Mon/Wed Thursday Sat	7:00 -10:00pm 7:00 - 10:00pm 10:00am - 1:00pm	NRRC NRRC NRRC
Teglia's Paradise Park - Please call 356-3176 for more details & availability			
Intermediate Bridge	Wednesday	10:00 am - 2:00pm	TPPAC
Bunco	Thursdays	12:15 -3:30pm	TPPAC
Pinochle	Mondays / Wednesdays	10:00 am - 2:00pm	TPPAC
Wii Sports	Mondays	10:00 – 11:30	TPPAC
Board Game Day (bring a friend & come play a variety of table games)	Every Wednesday	10:00 — 3:30	TPPAC
Evelyn Mount Northeast Community Center - Please call 334-2262 for more details & availability			
Cribbage	Thursdays	1:00 - 3:00pm	EMNCC
Bridge (Experienced Players)	Tuesdays	9:00 am -1:30pm	EMNCC
Open Gym	Fridays	1:00 -3:00 pm	EMNCC
Pickleball	Tuesday thru Saturday Monday thru Friday	Competitive Pickleball 9:00 am-12:00 pm. Recreational Pickleball 12:00-3:00 p.m.	EMNCC

***Adult (18+) \$2.00 * Youth (5-17) \$1.00 *Seniors (50+) \$.50**

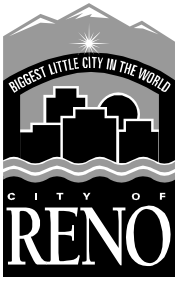
May 2014

Teglia's Paradise Park Activity Center (TPPAC)

Mon	Tue	Wed	Thu	Fri
	<i>MAY 2014</i> <i>Celebrating Older</i>	<i>Americans Month</i>		
5 8:30 am Sit and Get Fit 10:00 am Pinochle 10:00 am Wii Sports Exercise 12:00 pm Creative Crafts & Quilts	6 011:00 am Bread Line 12:30 pm Glee Club 6:30 pm Western Sq Dance	7 8:30am Sit and Get Fit 10:00 am Pinochle 10:00 am Intern Bridge 10:00 am All Game Day 1:30 pm Bingo 6:00 pm Cloverleaf's Sq Dance	8 9:00am Chair Yoga 10:00 am Zumba Gold 12:15 pm Bunco 6:00 pm Motivators Sq Dance	2 8:30 am Sit and Get Fit 10:00 am Bean Bag Baseball Practice 12:30 pm Bridge Academy
12 8:30 am Sit and Get Fit 10:00 am Pinochle 10:00 am Wii Sports Exercise 12:00 pm Creative Crafts & Quilts	13 11:00 am Bread Line 1:30 pm Dancing with the Stars 6:30 pm Western Sq Dance	14 8:30am Sit and Get Fit 10:00 am Pinochle 10:00 am Intern Bridge 10:00 am All Game Day 6:00 pm Cloverleaf's Sq Dance	15 9:00 am Chair Yoga 10:00 am Zumba Gold 12:15 pm Bunco 6:00 pm Motivators Sq Dance	16 8:30 am Sit and Get Fit 10:00 am Bean Bag Baseball Practice 12:30 pm Bridge Academy
19 8:30 am Sit and Get Fit 10:00 am Pinochle 10:00 am Wii Sports Exercise 12:00 pm Creative Crafts & Quilts	20 11:00 am Bread Line 12:30 pm Glee Club 6:30 pm Western Sq Dance	21 8:30am Sit and Get Fit 10:00 am Pinochle 10:00 am Intern Bridge 10:00 am All Game Day 6:00 pm Cloverleaf's Sq Dance	22 9:00 am Chair Yoga 10:00 am Zumba Gold 12:15 pm Bunco 6:00 pm Motivators Sq Dance	23 8:30 am Sit and Get Fit 10:00 am Bean Bag Baseball Practice 12:30 pm Bridge Academy
26 8:30 am Sit and Get Fit 10:00 am Pinochle 10:00 am Wii Sports Exercise 12:00 pm Creative Crafts & Quilts	27 11:00 am Bread Line 6:30 pm Western Sq Dance	28 8:30am Sit and Get Fit 10:00 am Pinochle 10:00 am Intern Bridge 10:00 am All Game Day 6:00 pm Cloverleaf's Sq Dance	29 9:00 am Chair Yoga 10:00 am Zumba Gold 12:15 pm Bunco 6:00 pm Motivators Sq Dance	30 8:30 am Sit and Get Fit 10:00 am Bean Bag Baseball Practice 12:30 pm Bridge Academy
Teglia's Paradise Park - 775-356-3176 2745 Elementary Drive (on RTC Ride Bus 2S) Corner of Carville & Elementary Drive. You may a have to walk a small distance to the Activity Center The center is open Monday through Friday 8am to 4pm Closed Saturdays & Sundays but available for rentals				

Mon		Tue		Wed		Thu		Fri	
		May 2014 <i>Celebrating Older</i>		<i>Americans</i> <i>Month</i>					
5 9-12 Competitive Pickleball 10:00 am Crochet Circle 10:00 a.m Bean bag Baseball Practice 12:00 pm Senior Yoga	6 9-12 Competitive Pickleball 8:30 am Super Seniors 9:00 am Bridge 10:00 am Sit and Get Fit 12-3 Recreational Pickleball 2:00 pm Ballroom Dance	7 -12 Competitive Pickleball 8:00 am-3:00 p m Pickleball 9:00 am Senior Tap 12:00 pm Senior Yoga 12-3 Recreational Pickleball 1:30 pm Chair Yoga	8 9-12 Competitive Pickleball 8:30 am Super Seniors 10:00 am Sit and Get Fit 12-3 Recreational Pickleball 1:00 pm Cribbage	9 9-12 Competitive pickleball 8:30 am Super Seniors 12:00 pm Senior Yoga 6:00 pm Ballroom Dance 1-3 Open Gym	10 -12 Competitive Pickleball 8:30 am Super Seniors 10:00 am Sit and Get Fit 12-3 Recreational Pickleball 1:00 pm Cribbage	11 -12 Competitive Pickleball 8:30 am Super Seniors 10:00 am Sit and Get Fit 12-3 Recreational Pickleball 1:00 pm Cribbage	12 9-12 Competitive Pickleball 8:30 am Super Seniors 12:00 pm Senior Yoga 6:00 pm Ballroom Dance 1-3 Open Gym	13 9-12 Competitive Pickleball 8:30 am Super Seniors 12:00 pm Senior Yoga 6:00 pm Ballroom Dance 1-3 Open Gym	14 9-12 Competitive Pickleball 8:30 am Super Seniors 12:00 pm Senior Yoga 6:00 pm Ballroom Dance 1-3 Open Gym
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Evenlyn Mount Northeast Community Center ~1301 Valley Rd. is located on RTC Ride Route 2. Phone: 334-2262 Facility Hours: Monday - Thursday 7:00 a.m. – 9:00 p.m. Friday 7:00 a.m. – 8:00 p.m. Saturday 9:00 a.m. – 3:00 p.m.									

Mon		Tue		Wed		Thu		Fri	
		MAY 2014	<i>Celebrating</i>	<i>Older</i>		1	10:00 am Fitness w/ Friends 10:30 am Senior Chair Yoga 11:30 am Senior Lunches 1:00 pm Bunco 1:30 pm Pickle Ball 7:00 pm Table Tennis	2	10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Senior Bingo 1:00 pm Pinochle 1:30 pm Pickle Ball 1:00 pm Bean Bag Base Ball 6:00 pm Badminton
5	10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Cribbage 1:30 pm Pickle Ball 7 pm Badminton 7 pm Table Tennis	6	9:00 am Pickle Ball 10:00 am Conversation Café 10:00 am Fitness w/ Friends 11:30 am Senior Lunches 12:00 pm Bread Drop 1:00 pm Basic Bridge	7	10:00 am Senior Yoga 11:30 am Senior Lunches 12:00 pm Pickle Ball 1:00 pm Pinochle 1:00 p.m. Bean Bag Baseball Practice 7:00 pm Badminton	8	10:00 am Fitness w/ Friends 10:30 am Senior Chair Yoga 11:30 am Senior Lunches 1:00 pm Dominos 1:30 pm Pickle Ball 7:00 pm Table Tennis	9	10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Senior Bingo 1:00 pm Pinochle 1:30 pm Pickle Ball 1:00 pm Bean Bag Base Ball 6:00 pm Badminton
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				Neil Rd. Recreation Center - 689-8484 3925 Neil Road is located on RTC Ride route 12. The center is open Monday through Friday 9am to 10pm Closed Saturdays & Sundays but available for rentals					



City of Reno
Senior Connect
c/o Neil Road Recreation Center
3925 Neil Road
Reno, NV 89502

Return Service Requested

Class Registration

Registration and payments must be submitted one week prior to the first class date to avoid cancellation. All programs must meet a minimum enrollment to be offered. New participants must submit a Household Account information form to register for a program. Please call EMNCC-334-2262, NRRC-689-8484 or TPPAC-356-3176 to register or for more information.

Scholarship Information

The City of Reno is committed to providing recreational opportunities to all residents regardless of economic circumstances. For this reason, a limited fund scholarship program is available to those who qualify. Qualified programs include City and volunteer taught programs including various fitness courses, arts and crafts and Senior Trips. For more information about scholarships, please call 334-2260.